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Food and Home Notes

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Yes, marbling in beef is important. It means flecks of fat within the lean which enhance both flavor and juiciness. The degree of marbling is one of the quality factors considered by USDA graders.

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What's the very best type of steak? USDA Prime porterhouse is usually considered the best steak of all. The T-Bone is very similar but has less tenderloin. Sirloin is a more variable steak, containing several muscles, and round steak is less tender than the other steaks named.

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How do you have a medium rare steak? Start with a steak at least an inch thick—the thinner steaks are very difficult to avoid getting "well-done". Time your steak—or check it as it broils.

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Usually a "London Broil" is a flank steak—definitely a less tender cut of beef but it can be marinated to help tenderize and flavor it. Broil it and slice it thin on the diagonal, according to USDA home economists.

Up
Up
Up

SOYBEANS

Since 1950 farmers have trebled their plantings of soybeans.

Soybeans shot from near obscurity to be the Nation's most widely cultivated crop—after corn and wheat. And—it's only the beginning according to the Economic Research Service of the U.S. Department of Agriculture. As experts view the situation, soybeans could become No. 1 by the mid-1980's, surpassing both wheat and corn in total acreage.

Who will use all the soybeans? By 1985, domestic use is expected to be up a half and exports about doubling. Fifty-seven million acres were planted this year compared to 47 million planted last year. But, the main forces toward the demand for soybeans in the 1980's probably will depend on population and income.

More than \$400,000 in research grants were announced last month by USDA (Cooperative State Research Service) for soybean research. Nitrogen fertilization studies in soybeans will be conducted at Fort Valley (Ga.) State College and research to breed soybeans for resistance to the corn earworm will be conducted at the University of Maryland (Princess Anne).

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—JUST A LITTLE "ROCKHOUND"

Rockhounding is a happily pursued hobby especially in the southwest: the southern halves of New Mexico and Arizona. And what could be more natural with year-around fair weather—a variety of minerals and plenty of public land to explore.

The National Forest, totaling 20 million acres in Arizona and New Mexico, welcomes rockhounds as well as all recreational users, asking only that anti-litter, fire and other rules be observed. Recreation is one of the major uses of the National Forests which also must produce timber, water, forage, and wildlife and maintain natural beauty and wilderness for the use and enjoyment of the American people.

A large variety of rocks and minerals, enough to please any collector, can be found with little effort. The heaviest concentration of minerals is in southwestern New Mexico, including the Gila National Forest where there still remain traces of the gold that attracted hundreds of prospectors a century ago. The list of minerals is far too long but among the most popular with rockhounds are opal, quartz, turquoise, onyx, topaz, garnet, and petrified wood.

Finding specimens, however, is only half the fun. The search in a setting of natural beauty, amid desert shrubs or high on pine-covered slopes, is equally important. For many visitors the hunt for rocks is only a good excuse for visiting the great outdoors.

No permits or special permission are needed to take handfuls of rocks. However, there are a few simple rules concerning rockhounding. They should be particularly aware of the Antiquities Act which forbids any disturbance of evidence of early human habitation, whether it be thousand-year old Indian ruins or artifacts left by early European pioneers.

An arrowhead found on the surface could bear significantly on an archeological study of an area; responsibility is shared by the public with the Forest Service (USDA) and other public agencies in protecting the ruins—wherever they may be found. Early man sites are still being discovered so it is still possible to find items such as an arrowhead on the surface—still undiscovered by the professionals.

If you'd like more information on any National Forest activity, you may address your inquiry to the Supervisor's Office, to the Forest of your interest. They can supply maps and other useful publications for users of the National Forests, Lands of Many Uses.

IF YOU TRAVEL TO THE SOUTHWEST—

Contrast is everywhere in the Gila National Forest in southwestern New Mexico. There's 2.7 million acres of timber, forage for wildlife and livestock, rich history, natural beauty and wilderness. In short, the Gila has large measures of everything that draws Americans outdoors and away from the crowded cities.

Within the Forest is the Gila Wilderness, the first such area set aside (in 1924) as a living museum, an example of the West as it once was. The 433,000 acre Wilderness, combined with the Gila Primitive Area and the Black Range Primitive Area, provided 750,000 acres of primeval land, open to foot and horseback travel. The works of man and his machines are not allowed.

Rushing trout-filled streams criss-cross the Forest—and the fishing is good at Lake Roberts and Snow Lake, according to the U.S. Department of Agriculture's Forest Service. Even driving through the rugged mountains can be enjoyable—a scenic route from Silver City to Santa Rita, up the Mimbres Valley, down Sapillo Creek, across the Pinos Altos Mountains and back to Silver City is a 75 mile loop.

The campground at Lake Roberts is open all year. Other 12 month camping areas are Ben Lilly Memorial, Cherry Creek, and McMillan, all about 13 miles northeast of Silver City; and Scorpion and Whitewater Canyon campgrounds.

Near the Gila Cliff Dwellings National Monument is a Gila Visitor Center, located 40 miles north of Silver City. The Center on National Forest land is jointly operated by the National Park Service, in charge of the monument, and the Forest Service, responsible for the multiple use management of the vast surrounding Gila National Forest.

During the warm months evening programs are conducted by Forest Naturalists who also conduct guided hikes and special tours for groups. These naturalists can give insight into the rich history of the Gila country and its natural resources.

Visit the Gila National Forest. It's a big land — and it belongs to you! -3-

HOBBY GREENHOUSE

—For the Serious Green Thumbers

Have you ever wished for a greenhouse? The kind that you can enjoy year-around? If you're willing to do some of the work — you can probably put up a plastic covered greenhouse or almost any prefabricated glass greenhouse yourself (if you hire a qualified electrician and plumber) according to Agricultural Engineers of ARS at the U. S. Department of Agriculture.

There are two basic types of greenhouses to consider: An attached greenhouse may be even-span, lean-to, or window-mounted, or you may prefer a freestanding greenhouse which is usually even-span (symmetrical roof).

The lowest cost per square foot of growing space is available in the even-span greenhouse 17 to 18 feet wide. It will house two side benches, two walks, and a wide center bench. The lowest total cost greenhouse is the lean-to house 7 to 12 feet wide with double-row benches and a central walk.

Where to put it—that is the question! The south or southeast side of the house in a sunny location is ideal. The east side is the second best location. The north side is the least desirable location. An ideal site for your greenhouse would be one that is well-drained, nearly level, and has full exposure to sunlight. It would slope slightly to the south and have a windbreak on the side of the prevailing wind.

Considering a plastic greenhouse? Construction cost per square foot is generally one-sixth to one-tenth the cost of glass greenhouses; they can also be heated as satisfactorily as a glass greenhouse. Plastic greenhouses are considered temporary structures and usually carry a low assessment rate for tax purposes, or may not be taxed at all.

Plans and drawings for plastic greenhouses and propagating frames are available free from the Agricultural Experiment Station at your State University. A complete booklet called Hobby Greenhouses No. 357 may be purchased for 25 cents from GPO, Washington, D.C. 20402.

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